




Cafeteria Coaching Youth Training Outline

- 10 minutes Welcome & Introductions
- Review Agenda for Cafeteria Coach Training
 - What is Cafeteria Coaching?
 - Why we need Cafeteria Coaches!
 - Good Taster & Color My Plate Guidelines

15 minutes Experiential Learning for Sit & Eat and Taste-test Server

Do (Define Choices)	Reflect (consider the choice)	Apply (practice as a team)
Sit & Eat Cafeteria Coaches sit with students in a lunch room setting. Either eating lunch with them or joining them for a food conversation.	<ul style="list-style-type: none"> ▪ What is the cafeteria seating like? ▪ How will you introduce yourself? ▪ If you go through the lunch line with students will they be more likely to try food on the menu? ▪ What happens if someone doesn't like a food? ▪ How will you evaluate if students like or dislike? ▪ Is it local? 	<ul style="list-style-type: none"> ▪ Introduce Yourself ▪ Ask if you can join them ▪ Eat your meal with students. ▪ Carry conversation starter card ▪ Memorize nutrition facts about specific foods for specific days. ▪ Share other forms the food can be eaten in...cooked, steamed, raw, etc.
Taste-test Server This option is set up as a walk & talk through the cafeteria with sample plates of food items. It can also work through Try-It Stations located at the end of the food line or at a table accessible for all students to participate.	<ul style="list-style-type: none"> ▪ What supplies will we need? ▪ Who will purchase foods? ▪ Who will be responsible for set-up ▪ How will kitchen staff help with food preparation? ▪ How will you handle food safety? ▪ How will you evaluate if students like or dislike? ▪ Is the food local? 	<ul style="list-style-type: none"> ▪ Introduce yourself ▪ Create visuals to draw attention to Try-It station. ▪ Memorize nutrition facts. ▪ If walk and talk, share responsibilities with your partner. ▪ Consider connecting a local farmer to a local food at a Try- It Station. ▪ Give Stickers

- 10 minutes: Practice Session for Cafeteria Coaching *(Distribute laminated Conversation Starter Cards)*
 10 minutes: Planning Phase for youth teams *(Huddle with coaching adult and RC to get started.)*

Send Off

Cafeteria Coaching Training Model – December 12, 2013

Lynette Houser, ISUEO Regional Youth Program Coordinator

Training Supplies:

- name tags
- newsprint/flipchart
- markers
- masking tape
- Great Taster Poster
- Color My Plate Poster
- camera
- Copies of Cafeteria Coaching Handbook
- Laminated copies of Conversation Starters
- Stickers
- Beets & Pomegranate (taste test sample)
- Bottled water
- Napkins
- Small paper plates
- Table wipes